	Dialecti	cal Beha		erapy	Date:	Date:				often did yo aily2 -	u fill out car 3 xon	d? ce		on card: many)		W	ASHING	TON CO	MINTY	
		Diary .	Card		Initial	Initials:				in session				0 – low 5 - high			MENTAL HEALTH			
		URI	GES		ACT	ACTIONS			EMOTIONS							OTHER				
	Self- harm 0 - 5	Suicide 0 - 5	Drugs /alcohol 0 - 5	Use Hosp. O – 5	Self- harm (y/n)	Use How much?	Shame 0 - 5	Ang		Fear 0 - 5	Sad 0 - 5	Miser 0 - 5	ry 5	Joy 0 - 5	Phys. Pain O - 5	Willing- Ness 0 - 5				
M																				
T																				
W																				
Th																				
F																				
2																				
2																				
		term goals	3:		Appar	Apparently unimportant behaviors:														
(write	: what you d	id)			Кеері	ng door to	problem be	havio	rs op	en:										
					Notes	to self/Co	mments/Qı	ıestic	ons:					ession		В	efore		After	
													Urge: 0- 5	s to quit	therapy:					
													Keepi (y/n)	ing Secr )	ets?					
													Belie	f in "I ca (0 – 5)	ın stand					

Dia	electical Behavior Therapy							
	Access Wise Mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6	Observe-Describe	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
'nes:	One-thing-in-the-moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
dful	Effectiveness	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Care Mindfulness	Non-judgment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sare	Cued Relaxation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
_		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
/ı S	Attend to Relationships	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Interpersonal Effectiveness	DEAR MAN	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
per	GIVE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
nter Ffec	FAST	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11	Reduce vulnerability PLEASE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Emation Regulation	Build MASTERy	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
nba <sub>2</sub>	Build Positive Experience	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
no.	Act Opposite	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
moti	Avoiding avoiding	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Ę		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Distract—Wise Mind ACCEPTS	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
ази	Self-soothe	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
lera	IMPROVE the moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
s Ta	Pros and Cons	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Oistress Tolerance	Turn the Mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Disi	Radical Acceptance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun

	Dialectical Behavior Therapy <i>Diary Card</i>				Date:	Date:								Lying on card: (how many)			WASHINGTON COUNT		
		Diary .	Card		Initial	Initials:				in session				0 – law 5 - high			MENTAL HEALTH		
		URI	GES		ACTIONS				SMOITOMS							OTHER			
	Self- harm 0 - 5	Suicide 0 - 5	Drugs /alcohol 0 - 5	Use Hosp. 0 - 5	Self- harm (y/n)	Use How much?	Shame 0 - 5	Ang		Fear 0 - 5	Sad 0 - 5	Miser 0 - 5		Jay 0 - 5	Phys. Pain O - 5	Willing- Ness D - 5			
M																			
T																			
W																			
Th																			
F																			
S																			
2																			
Wark	ed on long what you d	term goals	2:			Apparently unimportant behaviors:													
(WITE	: WIIAL YUU U	iu <i>)</i>			Keepi	ng door to	problem be	havio	rs op	en:									
					Notes	to self/Co	mments/Qi	ıestic	1NS:					Session			efore		After
													Urg 0-	jes to quit 5	therapy:				
												Keeping Secrets?							
												Belief in "I can stand this" (0 – 5)							

	Dialecti	cal Beha	avior Th	erapy	Date:	Date:				often did yo aily2 -1	u fill out car 3 xon	d? ce	Lying on card (how many)	:	147	ASHING	TONIC	DUNITY
		Diary .	Card		Initia	Initials:				_ in session			0 – low	5 - high	VVZ	MENTAL HEALTH		
		URI	GES		ACTIONS				EMOTIONS							OTHER		
	Self- harm 0 - 5	Suicide 0 - 5	Drugs /alcohol 0 - 5	Use Hosp. 0 - 5	Self- harm (y/n)	Use How much?	Shame 0 - 5	Ang O -		Fear 0 - 5	Sad 0 - 5	Mise 0 - 9		Phys. Pain O - 5	Willing- Ness D - 5			
М																		
T																		
W																		
Th																		
F																		
2																		
2																		
		term goals	5:		Арра	Apparently unimportant behaviors:												
(write	what you d	id)			Keep	ng door to	problem bel	havio	rs op	en:								
					Notes	to self/Co	mments/Qu	estio	ıns:				In Session	В	efore		After	
													Urges to qui 0- 5	t therapy:				
													Keeping Secrets? (y/n)					
													Belief in "I can stand this" (0 - 5)			_		

Dia	lectical Behavior Therapy							
	Access Wise Mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Observe-Describe	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Care Mindfulness	One-thing-in-the-moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
dful.	Effectiveness	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Min	Non-judgment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sare	Cued Relaxation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1/ S	Attend to Relationships	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Interpersonal Effectiveness	DEAR MAN	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
per	GIVE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
nter Effeu	FAST	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<i>I</i> E	Reduce vulnerability PLEASE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Emotion Regulation	Build MASTERy	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7egu	Build Positive Experience	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
ion (	Act Opposite	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
mot	Avoiding avoiding	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Ę		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Distract—Wise Mind ACCEPTS	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
ази	Self-soothe	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
lera	IMPROVE the moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Oistress Tolerance	Pros and Cons	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
tres	Turn the Mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Dis	Radical Acceptance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Dia	electical Behavior Therapy	Instructions: Circle the days you worked on each skill							
	Access Wise Mind		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
50	Observe-Describe		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
nes:	One-thing-in-the-moment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Care Mindfulness	Effectiveness		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Min	Non-judgment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sare	Cued Relaxation		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
_			Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1/ S	Attend to Relationships		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Interpersonal Effectiveness	DEAR MAN		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
per.	GIVE		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
nter Effeu	FAST		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<i>I</i> E	Reduce vulnerability PLEASE		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
latii.	Build MASTERy		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Emotion Regulation	Build Positive Experience		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
) ua:	Act Opposite		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
moti	Avoiding avoiding		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
E			Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Distract—Wise Mind ACCEPTS		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8311.	Self-soothe		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
lera	IMPROVE the moment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Distress Tolerance	Pros and Cons		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
tres	Turn the Mind		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Dis.	Radical Acceptance		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Week of:	MON	TUES	WED	THURS	FRI	SAT	SUN
Isolation							
0(none) – 5 (high)							
Joy							
0(none) – 5 (high)							
Fear							
0(none) – 5 (high)							
Anxiety							
0(none) – 5 (high)							
Frustration							
0(none) – 5 (high)							
Going through the motions							
0(none) – 5 (high)							
Suicidal thoughts							
0(none) – 5 (high)							
Suicidal Planning							
0(none) – 5 (high)							
Just in case behavior							
0(none) – 5 (high)							
Suicidal Action							
0(none) – 5 (high)							
XXXXX's anger							
(y/n)							
Willingness							
0(none) – 5 (high)							
Take on E-mind thinking							
(y/n)							
Belief: "My life is worthless"							
(y/n) Use STOP skill							
Implement Crisis plan?							
(y/n)							
Hopeless (0 – 100) Hopeful							
Want to die Want to Live				1			
Worked on Life Worth Living Goals							
Emotion Mind (y/n)							
Should I call Sue? (y/n)							

eek of	:	MON	TUES	WED	THURS	FRI	SAT	SUN
	Looked at plan for 15 minutes (2x)							
	Listen to voice memos 4x week							
	Act opposite to shame Do pleasant, soothing things							
DOs	Meds as prescribed (REALLY) daily							
	Mastery task—several on the weekend							
	Act opposite to fear— "In this moment, I am basically OK"							
	Mindfulness (y/n)  One Thing In the Moment (y/n)							
	Pros and cons							
Yellow Light	Ask for help and be honest about you need							
ellow	Self-talk							
<b>&gt;</b>	Stockpiling							
	(y/n) Stuck on a date for suicide							
DON'Ts	(y/n) Overuse prescribed meds (y/n)							
20	Self-harm (y/n)							
	Secrets (y/n							